

# I.C.Y.M.I.

In Case You Missed It - July 2021

Beth Israel Lahey Health  
Anna Jaques Hospital

Top News @ Anna Jaques

## Daily Routine Reminder



A reminder to complete the **Self-Attestation Form** before your leave for work every day (scan QR code to access form)

## Newburyport GI Welcomes Dr. Irma Cruz



Newburyport Gastroenterology welcomes a third physician to the practice, **Irma Cruz, MD.**

Dr. Cruz is bilingual in Spanish and is now accepting new patients. Call 978-465-4622 to schedule an appointment with Newburyport GI.

## Thoracic Clinic Resumes In-Person Care in a New Location

Thoracic surgeons, **Dr. Michael Kent (left) & Dr. Sidhu Gangadharan (right)** are now seeing patients in-person – and in a new location at One Wallace Bashaw Way, 2nd Floor, Suite 2003. To schedule an appointment, call 978-463-1049.



## SilverCloud for Mental Health & Wellbeing



### Who is SilverCloud?

SilverCloud are world leaders in digital mental health and wellbeing.



Programs available at no cost to you



Available on desktop, cell phone and tablet



Diverse activities, tools, videos, exercises



Digital coaching and support

### EMPLOYEES:

To learn more about SilverCloud or to sign up visit [bilh.silvercloudhealth.com/signup/](https://bilh.silvercloudhealth.com/signup/) (Access code: **BILH**)

## Newburyport Yankee Homecoming Is Back



### Waterfront Workout Series Sponsored by AJH Sunday, August 1 - Saturday, August 7

Free daily workouts on the Newburyport Waterfront hosted by local studios & gyms. Open to all ages & levels of fitness. Visit [yankeehomecoming.org](https://yankeehomecoming.org) for schedule.

### Yankee Homecoming Food Drive: July 29 - Aug. 6

A donation box will be outside the AJH Cafeteria to support: Pettengill House, The Salvation Army, Newbury Community Food Pantry & Our Neighbor's Table.

### Yankee Homecoming 5K: Tues., August 3

AJH is inviting 100 employees & physicians to run for Team AJH using code: AJH2021. Email [ksullivan@ajh.org](mailto:ksullivan@ajh.org) to also receive an AJH t-shirt. Team photo at 5pm day of the race on Highland Ave. Porch.

### Bed Race - Federal Street, Newburyport Thurs., August 5, 6pm

Interested in joining ED colleagues in racing down Federal Street? Contact [ksullivan@ajh.org](mailto:ksullivan@ajh.org).



Contact [ksullivan@ajh.org](mailto:ksullivan@ajh.org) to learn more

Stephen F. Salvo Shining Star  
Tim Toplak, Cook, Food & Nutrition